

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

RECEIVED

★ SEP 10 1929 ★

U. S. Department of Agriculture
Friday, September 20, 1929

119
I-3Hh
Housekeepers' Chat

NOT FOR PUBLICATION

Subject: "An Easily Prepared Meal for a Warm Sunday." Menu and recipes from Bureau of Home Economics, U. S. D. A.

Leaflets available: "Lamb As You Like It" and "Aunt Sammy's Radio Recipes."

---ooOoo---

"Is this Lincoln 9408?" I asked.

"Yes indeed. What can we do for you?"

"Give me the Menu Specialist, please -- tell her it's Aunt Sammy, and I need help, right away quick!"

"Hello," said the Menu Specialist. "What's troubling you, Aunt Sammy?"

"Uncle Ebenezer's relatives -- you know, from New York State. They're going to be here over Sunday, and I've got to have something rather elegant for for them. Can you suggest something easy to cook? I don't want an elaborate dinner -- or a dinner that's hard to prepare. Weather's too warm for heavy cooking. Any ideas?"

"Let me see," said the Menu Specialist. "Why not have lamb chops?"

"Plain lamb chops? But Uncle Ebenezer's relatives are so--- they'll expect something fancier than plain lamb chops!"

"In that case," said the Menu Specialist, "give them lamb chops, thick juicy ones cut from the loin, wrapped in slices of bacon. Have the loin chops boned, then wrap them in bacon, and broil them. When they're done, place them on a hot platter, add salt, pepper, and melted butter, and garnish with parsley, or with watercress. That's a dish fancy enough for anybody's relatives -- from New York State or any other state."

"Sounds good," I said. "Now what vegetables would you serve?"

"I'd have peas," said the Menu Specialist, "and scalloped eggplant. Wouldn't they be appetizing, with the broiled lamb chops?"

"Splendid. What would you have for dessert? If you could just suggest something a little out of the ordinary -- you know, something with a tradition, or --"

"Tradition?" said the Menu Specialist. "Well here you are, Aunt Sammy! Blueberry Pudding, with a 40-year tradition behind it. When I was up in New Hampshire last month, I ate dinner at a certain well-known hotel. -- The best part of the dinner was a delicious Blueberry Pudding -- in fact, it was such an intriguing dish that I asked the manager to give me the recipe. She hesitated at first. She had just bought the hotel from a family who had owned it for 40 years. It seems that the Blueberry Pudding has made the hotel famous and lots of people have wanted the recipe. But Mother Rogers, who invented the recipe 40 years ago, would never tell her secret. However, I persuaded the new manager to give me her recipe -- and today the Recipe Lady is testing it. Would you like to have Mother Rogers' Blueberry Pudding, for your company dinner?"

Well, as I told the Menu Specialist, that was just exactly what I wanted. She sent me the recipe late last night, and I'll give it to you today. First, though, let's write the menu: Broiled Lamb Chops; Peas; Scalloped Eggplant; Blueberry Pudding with Whipped Cream.

By the way, there's a picture of the thick, juicy broiled chops, wrapped in bacon, in the Lamb Leaflet, with complete directions for cooking them. This is a new leaflet, and you really should have it in your kitchen library. "Lamb as You Like It" is the title -- the Recipe Lady helped write it, so you know it's a good one. If she knew I was talking about lamb chops today, I know she'd say: "Don't forget to tell them to serve the lamb chops on a hot platter. Whatever way lamb is cooked, if it is to be served hot, it should be piping hot on hot plates, because the fat hardens as soon as lamb begins to cool."

There -- I've done my duty by the Recipe Lady.

Now take your pencils again, please, and we'll write the recipe for Scalloped Eggplant. Seven ingredients, for Scalloped Eggplant:

1 large eggplant	1 quart canned or chopped
6 tablespoons butter	raw tomatoes
1 green pepper, chopped	3 teaspoons salt, and
1/2 onion, chopped	1/4 teaspoon pepper

Seven ingredients, for Scalloped Eggplant. I'll read them again: (Repeat).

Pare the eggplant. Cut it into small, even pieces. Melt 2 tablespoons of the butter in a skillet. Add the green pepper and onion, and cook for a few minutes. Add the tomatoes, eggplant, salt, and pepper, cook for 10 minutes, and place the mixture in a shallow greased baking dish. Melt the remaining butter in a skillet, stir in the bread crumbs, and sprinkle the buttered crumbs over the eggplant. Bake in a moderate oven, until the eggplant is tender and the crumbs are browned.

Rest a minute now, and then we'll write the recipe for Quick Blueberry Pudding. There are seven ingredients in this pudding -- don't forget to abbreviate words whenever possible; use a small c for cup, a small t for teaspoon, and a big T for tablespoon. Here we go -- seven ingredients, for Quick Blueberry Pudding:

1 quart blueberries	2 cups soft bread crumbs
1 cup sugar	2 tablespoons melted butter, and
1/2 cup water	1 tablespoon lemon juice, if desired
1/2 teaspoon salt.	

Seven ingredients -- let's repeat them: (Repeat).

Pick over the berries, wash, drain, mix with the sugar, water, and salt, and boil for 5 minutes. Combine the bread crumbs and butter, add to the hot fruit, stir until well mixed, and let stand on the back of the stove for a half hour, but do not let the pudding cook. Add the lemon juice, and serve the pudding, while still warm, with plain or whipped cream.

And if Uncle Ebenezer's relatives don't like that --- but they will. Once more, the menu: Broiled Lamb Chops; Peas; Scalloped Eggplant; Blueberry or Huckleberry Pudding with Whipped Cream.

I just happened to think of something -- maybe some of you folks listening-in have recipes in your families, which you'd like to share with the rest of us. If you have, send them to me, and I'll turn them over to the Recipe Lady -- I know she'll be glad to have them.

Monday: "When the Dinner Bell Rings."

#####

